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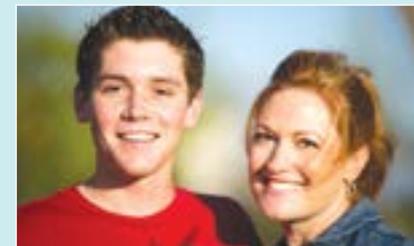


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10 Lazy Ways to Be a Better Parent

By Katy M. Clark

I was flipping through a magazine when I caught the blur out of the corner of my eye.

It was my 9-year-old running through the front lawn with her friends.

I smiled as I realized I had just practiced a lazy way to be a better mom: I did nothing.

That's right. When my daughter claimed she was bored five minutes ago, I refused to entertain her. She could do something about it, after all.

And so she did.

I know other lazy ways to be a better parent, too. Because who has time to read countless articles and books on being a better mom and incorporate their highfalutin action items amidst laundry, homework, extracurricular activities, work, passion projects, birthday parties and more?

These 10 lazy ways to be a better parent require no more effort than reading this article and realizing that 1) you are already doing these, 2) you can easily do these, or 3) you will never do all of these at once — and that's okay.

Ready to be lazy? Here we go:

1. Laugh with your kids. It's easy, free and enjoyable. Even if you just laugh at stupid bodily function jokes, like my family does, laughing releases endorphins and gives you a subtle rush.

2. Sleep on it. With apologies to anyone in the



newborn phase, moms of older kids can go to bed earlier, get up later, or take a short nap on the couch for 15 minutes while the kids watch YouTube. (I tried that last suggestion myself. Thumbs up!) You'll feel recharged and happier with a bit more shut-eye.

3. Stay hydrated. You'll feel more content if you've been drinking enough. Of course I mean water. Mostly. But that's not to say that my teenager and I don't swing by the drive-thru every so often to indulge in a large soda pop. Sure, there's no nutritional value, blah blah blah. However, it makes me happy, my teenager loves it, and my thirst is quenched.

4. Say, "I love you." Never mind if your daughter replies with "great." (True story.) No matter how often you say this phrase, just say it. Your kids, and their hearts, will blossom when they hear those three little words.

5. Hug your kids. I like to grab my teenager and give him a squeeze. He protests, but I think he likes it. Physical touch prevents illness and creates a tangible bond. Chances are, your kids will hug you back.

6. As I said before, do nothing. Let them be bored and figure out for themselves how to live with that or change that.

7. Be yourself. Show them that you are not perfect and that everyone has flaws as well as awesomeness. I like to think I'm celebrating my imperfections when I sing the wrong lyrics to pretty much every song on the radio, with my kids in the car of course.

8. Listen. Once my daughter spent 20 minutes replaying every mundane moment of the dream she had the night before. I spent 20 minutes nodding and saying, "Uh huh" while drinking coffee and watching the news. It worked for both of us.

9. Don't compare your kids. To each other, to their friends, or to you. When my husband tells our son that he used to do X, Y, and Z to be a better hockey player in high school, I can see my son's

See Lazy on page 6

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Creative and Fun Ways for Kids and Grandparents to Connect

By Rebecca Hastings

There is something special about the relationship between kids and their grandparents. I still remember pulling up to McDonald's with my grandfather. He would take his leather change purse out of his pocket and count the exact change for his cup of coffee. He always knew exactly how much it would be.

Our trips weren't fancy. It wasn't expensive. Sometimes I didn't even get anything. It didn't take a long time. Just a ride to get his coffee. But it was something we did together. And that is what made it special.

If you want your children to feel connected to their grandparents, you can find simple things that your children will remember. Whether they live close to their grandparents or far away, you can foster the relationship and connection you want them to have.

What's the secret?

The number one thing you can do to foster a connection between your kids and their grandparents is to be intentional. Fostering a close relationship between the generations requires consistent

choices to connect. You can't do one thing and expect a lifelong connection filled with fond memories. When you are intentional about creating opportunities for your kids and parents to engage with one another, you help them create a bond.

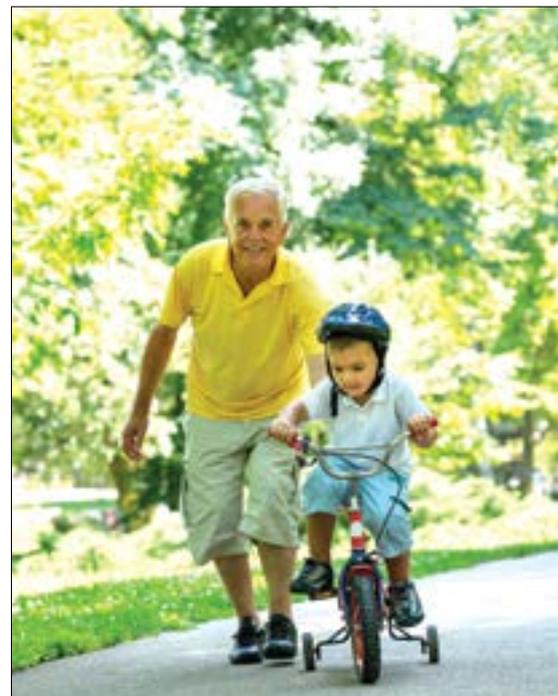
A word of advice

A child's relationship with their grandparent is supposed to look different than their relationship with their parents. While grandparents need to respect how parents raise their kids, parents also need to remember that it's okay for grandparents to do things differently than they would.

Part of the fun of a relationship with grandparents is that they are not the parent. They can give an extra cookie or read an extra book before bed. I still remember the cookie tin that was never off limits in my grandma's kitchen.

As long as the grandparents are not doing anything that conflicts with important boundaries parents set for their children, it is part of how grandparents and grandkids create their own fun relationship.

Here are some creative and simple ways for your child and their grandparents to create a special connection.



If grandparents live close by

Proximity and availability give grandparents that live close by unique opportunities that not everyone has. Some things to try:

- **A weekly date:** Set up a weekly time for the child to spend with their grandparent. This could be just a visit to their house or a time to go out together. Make it the same every week so it becomes part of the normal routine instead of



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something that gets overlooked. Even having a grandparent pick your child up from school one day each week helps them connect.

- **Sleepovers:** A sleepover is a great way to spend long blocks of time together if everyone feels comfortable with the idea. It allows fun things like bedtime stories, staying up late, and having breakfast together in the morning. Plus, it is a good way for kids to get comfortable with sleepover experiences with a trusted family member.
- **Invite grandparents to activities:** Grandparents often love attending kids' activities like sporting events and school plays. Be sure to invite them to come. Make sure they know when they are so they can plan ahead.
- **Little traditions:** Create small traditions between your kids and their grandparents. Like the McDonald's trips with my grandfather, even simple things like getting a donut create fond memories over time. Try simple things like going to a favorite store, helping with projects, or making a favorite recipe. Kids love to help taste test baked goods!

If grandparents live far away

It may seem challenging to connect with grandparents when they live far away, but there are great ways to bridge the distance, especially with technology.

- **Storytime:** Use apps like Zoom or FaceTime to have grandparents read their grandchildren a story. It's a fun way for kids to hear stories their grandparents love. You can even encourage your child to read a story to their grandparent and sneak in some reading practice! It's especially fun if both your child and the grandparent have a copy of the book to look at during their storytime.
- **A weekly call:** It may not sound glamorous, but setting up a time for a weekly call helps them feel connected regularly. During the week you can encourage your child to write down things to share with their grandparents so they're ready with something to talk about. You can also teach them some questions to ask their grandparent. They can ask about the weather where they are, ask about something funny that happened, or find out what they did

during the week.

- **Long-distance dates:** With a little planning, grandparents can still enjoy dates with their grandkids. If they send along a gift card for ice cream, they can set up a time when they each go to their local ice cream shop and talk on the phone or FaceTime while they enjoy their treat.
- **Make something together:** Find a family recipe and (with a little help) have your child make it. They can make it while on Zoom with their grandparent or simply call them and tell them about it.
- **Start a collection:** Find a common interest like collecting stamps or special rocks. They can each start a collection and share exciting finds on the phone or the next time they visit.

Special tips for tweens and teens

Staying connected during the tween and teen years can be hard for all of us. Finding little ways to connect with their grandparents is special for their grandparents and them.

- **Send a text:** Encourage kids to send their grandparents a text sharing about how they did in a game or on a test.
- **Teach grandparents to text or connect on social media:** It may sound silly, but it's where kids spend their time. Helping grandparents meet kids where they are fosters more connection.
- **Send a photo:** Grandparents love photos. Use a digital frame that allows your teen to send their photos right from their phone. It's a great surprise for grandparents to see a new picture pop up.
- **Ask for help with rides:** One of the best times I can get my teens to talk is in the car. Asking a grandparent to help with rides is a good way to give them time to connect without it feeling like too much for your child.

Fostering a close relationship between your child and their grandparents is a gift for everyone that lasts far beyond the childhood years. As you make consistent choices for connection, you will have a front-row seat to watching those special relationships grow.

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Division of Children and Family Services

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Mazie's Amazing Machines

Educator Sheryl Haft is bringing the fun of engineering to young readers with her picture book "Mazie's Amazing Machines." The book was inspired by Haft's childhood memories of tinkering with her sibling and father. Now Haft, author of "I Love You, Blankie," "Baby Boo, I Love You," and "Goodnight Bubbala" has come up with her best creation yet—Mazie McGear, a science-loving little girl who explores the engineering process from problem to ideation, creation, and finally execution. Award-winning artist Jeremy Holmes brings Mazie to life with engaging spreads and a pop-up finale.

Readers will fall in love with Mazie as she invents clever machines to assist her family. "Let's engineer," she says as she creates the "Food-O-Matic" for her dog, Doodle; the "Roly-Ramp" to help her mom lift heavy boxes; and the "Teeter Lever" to make it easier for her brother to

shoot hoops. But when things go awry and Doodle accidentally gets catapulted up to the roof, Mazie and her family create their largest contraption yet, the "Pulley Power Save Our Dog Tower."



It's a perfect read-aloud in school or at home with an engaging story and plenty of fun sound words like "jump thump," "crinkle sprinkle," "rumble tumble," "think blink," and "ribble scribble." It features a glossary defining each of the simple machines used in the

book. Readers can scan the QR code on the book and interact with Mazie via augmented reality 3-D. "Mazie's Amazing Machines" encourages a positive, action-oriented approach to problem-solving that can empower young readers to imagine what other problems in their lives—and in the world—they can solve.

"Mazie's Amazing Machines" (Nancy Paulsen Books) will be on sale September 12, 2023.

Parenting support from pregnancy to kindergarten

If you are expecting, or the parent of a child up to 5 years old in the Cleveland area, join the Cuyahoga Parents Connect Facebook Group. This vibrant, inclusive community gives fellow parents a nonjudgmental place to learn valuable information and receive practical and emotional support. We provide a safe space for parents to ask each other for advice and share successes. Our primary goal is to help one another be the best parents we can be.

GROUP RULES

Stay on topic – Our group is about positive parenting support for those who are pregnant and parenting children birth to 5 years. Please help keep things on topic by keeping your posts and comments centered around parenting.

Be kind and courteous – We're all in this together to create a welcoming environment. Let's treat everyone with respect and be mindful of what we post. Healthy debates are natural, but kindness is required. Before posting, ask yourself: Is it appropriate? Is it helpful? Is it informative? Is it true?

No hate speech or bullying – Make

sure everyone feels safe. Bullying of any kind isn't allowed, and degrading comments about things like race, religion, culture, sexual orientation, gender, or identity will not be tolerated.

No promotion, spam or monetary requests – Give more than you take to this group. Self-promotion*, spam, monetary requests, and irrelevant links aren't allowed.

*From time to time on specific posts, we will give members the opportunity to share information about their businesses — this is the only time you will have the opportunity to self-promote.

Respect everyone's privacy – Being part of this group requires mutual trust. Authentic, expressive discussions make groups great, but may also be sensitive and private. What's shared in the group should stay in the group.

This group is all about success and support – We love hearing stories of success! Please be encouraged to share milestones in your parenting journey. We can't wait to celebrate with you!

Sign up at www.cpconnectonline.com.

Lazy from page 3

eyes glazing over. There will always be someone who is faster, stronger, tougher, cuter (thanks, Heidi Klum), smarter, etc.

10. Let them fail. It takes effort to intervene and fix things for them. When my daughter tried to build a sidecar for her stuffed animals on her scooter, I knew it wouldn't work. However, she needed to see for herself that 23 stuffed animals in a shoe

box taped to her handlebars wouldn't cut it. She reaped the benefits of resilience and perseverance from her failure and redesigned a working sidecar. So what if it held one stuffed animal, not 23.

There you have it, 10 lazy ways to be a better parent. Whether you can squeeze one or all of them into your day, you'll be better and happier for it.

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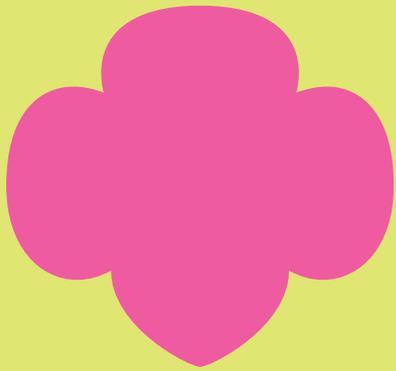
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20 Things That Surprised Me About Having A Teenage Boy

By Katy M. Clark

I grew up the middle of three girls, sandwiched between two sisters. Yup, I'm just like Jan Brady, minus the bonus brothers.

My sisters and I filled our teenage years with activities like sports, theater, and student council. We also filled them with Aqua Net, jelly shoes, stirrup pants, and princess phones. Living with sisters meant I was never exposed to the reality of life with a typical teenage boy.

I think that's why my teenage son constantly surprises me. There are so many things about having a teenage boy in the house that I didn't expect or are just plain different from how I grew up as a teenage girl. Here are 20 things, both funny and serious, that surprised me about having a teenage boy.

1. How much he enjoys playing video games:

This is his favorite activity to do once he's done with school, work or extracurriculars. I guess I thought he'd read a book or watch movies like me.

2. How much time he spends playing video games: Not only does he like video games, but he is content playing them for hours. And don't get me started about waiting for him to wrap up a game to come to dinner!

3. How many rolls he can eat at a restaurant: He can eat a dozen rolls slathered in butter and then chase them down with a huge steak. It's amazing.

4. How many rolls he can eat and

NOT gain weight: This one's not fair! All I have to do is look at a roll and my waist expands an inch. Yet my teenage son devours a dozen without a smidgen of fat appearing anywhere.

5. That he would find potty humor so funny for so long: I thought he'd outgrow finding bodily functions so funny. I thought wrong.

6. That he never, ever wants to talk to me about girls: Not even a little bit. I'm ready with excellent advice should he ever bring it up.

7. That "I'm" the embarrassing one, not his father: How is it that when my husband and I rock out to Bon Jovi it's only me who mortifies our son? According to my husband, it's a fact that all teenage boys find their mothers embarrassing.

8. How bad he smells after working out or playing sports: The scent is strong, odiferous, and lingers on everything from sports equipment to the upholstery in the car. Yikes!

9. That he would know the name, number, college, and position of virtually every professional athlete: My son forgets to take out the trash, yet he remembers every statistic about the Cleveland Browns' fourth round draft pick in 2019.

10. That I'd be jealous of the way my teenage son talks about sports with his father: Maybe it's because my husband, not me, also knows every statistic about the Cleveland Browns' 4th round draft pick in 2019.

11. He rarely comments about my appearance, but when he does, I take notice: Recently he told me



he liked my shirt, which was an old one from the back of my closet. It's now my favorite shirt. Because my teenage son said he liked it.

12. That I have to look up to his face: At least once a week I do a double take as I gaze up at his face, towering above mine. Wasn't he just a baby?

13. How deep his voice sounds: Just like his height, I'm astonished that that deep voice is coming from my little boy.

14. How big his shoes are: His shoes are like aircraft carriers next to my rowboats in the mudroom. You could land an airplane squadron on those things.

15. How much he cares about his friends: He adores his friends and loves spending time with them. This one surprised me because I feel society doesn't portray strong friendships between teenage boys.

16. That he cares about his hair: He might not use a plethora of products like I did back in the day, but he

still wants his hair to look just right.

17. That he answers text messages with one word: I get yes, no, or Ok. I'm not looking for a novel, but a few more words would be appreciated.

18. That I'm so impressed by the man he is becoming: Seriously, I'm so proud of him, whether he's holding the door open for someone, rocking a test, or just smiling at me from across the room.

19. While I'm also still surprised by the child he still is: He leaves his dishes on the counter, doesn't pick up his clothes off the floor, and I still take him to the pediatrician.

20. That I would love him so, so much, with everything that I am: I'm not surprised that I love him, but I am astonished by how much I could love my teenage son. It's with everything I am--and I wouldn't have it any other way!

Katy M. Clark is a writer and mom of two who embraces her imperfections on her blog Experienced Bad Mom.

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The Best Way to Support Your Kid's Coach? Let Them Do Their Job!

By Cheryl Maguire

I officially became a “soccer mom” last year when my 8-year-old daughter enrolled in the town soccer team. She loves playing the sport and interacting with the other girls on her team. Being part of the team has entailed traveling to other towns. Sometimes we have witnessed other games in progress while waiting for her game to begin. I’ve been shocked to see parents yelling in an aggressive manner at either the kids or the coach.

In Braintree, Massachusetts a girl’s basketball high school coach quit due to parent complaints. The coach helped bring the team two back-to-back Division 1 state championships and had a 63 game winning streak, yet the parents were still dissatisfied.

Research at the University of Maryland found 53% of parents reported feeling angry during their child’s soccer game. This is an issue in many towns across America

caused by various factors.

Social media: In Braintree, the parents created an email exchange complaining about their child’s playing time. The coach became tired of dealing with the parent complaints resulting in her resignation. Studies found people tend to bully online since they are not held accountable. Social media and email messages lack a person’s tone or body language causing miscommunication. Also if a person sends an angry message, the person receiving the message can read it over and over again resulting in hurt feelings.

High college costs: According to College Data, a public college tuition can cost an average of \$24,610 per year and a private college averaged \$49,320. With the high costs of colleges, parents want or need their child to receive scholarships. The pressure of winning a scholarship from playing a sport has created parents who either have unrealistic expectations or become angry when



their child isn’t participating.

High cost of sports: Participation in sports can be expensive. Players are required to purchase sports gear and usually pay a fee for being on a team, even in public schools. According to research at University of Michigan Health System on average a player had to pay a \$125 participation fee and \$275 for sports equipment and travel.

Thirty years ago when a child played baseball often the team shared a helmet and bat. Now most players have two bats, their own helmet, batting gloves and a baseball bag. When a parent pays these high costs, they feel they should be getting their money’s worth and when their child doesn’t play, they get angry at the coach.

Parent personality: Research by

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For more information visit www.clevelandymca.org/child-care or simply scan the QR code



Goldstein, found control-oriented parents are more angry and aggressive during their child's sporting events than autonomy-oriented parents. A control-oriented parent is a person who is concerned about other people's opinions and motivated by external forces whereas an autonomy-oriented parent is driven by their own goals. During games the control-oriented parent tends to take things personally. For example if a coach pulls their child from the game, this type of parent may feel it is a personal attack against their child rather than an impartial decision by the coach.

Parents vicariously living through their child: Often parents relive their childhood experiences through their children. If a parent was unsuccessful at a sport and their child excels in this sport they might experience the feeling of success they never could as a child. Research by Brummelman found parents who see themselves in their child want their child to fulfill their unfulfilled ambitions. This may cause parents to pressure their child to succeed and parents to become angry when

their child makes mistakes during the game. If the parent feels their child isn't getting enough play time they may become angry at the coach as was the case with the Braintree coach.

Unrealistic parent expectations: Parents can hold unrealistic expectations about their child's abilities while playing sports. A parent may consider their child to be the best on the team or think their child will be a professional athlete one day. This viewpoint can cause conflicts between the parent and coach.

Parent reminders

- Most coaches volunteer or are paid a small stipend. The coach is usually interested in helping your child and their team have a positive experience.
- When you are on the sidelines refrain from criticizing the coach or players. Your role should be to support the team.
- If you have an issue with another parent or coach, speak to the person directly about it and refrain from using social media to air your grievances.

- Before speaking to the coach allow yourself time to calm down by waiting 24 hours after the incident. Also schedule a time to meet with the coach instead of trying to speak with the coach after the game.
- Playing on a sports team should be a fun experience for your child and the coach.
- Try to put things in perspective and remind yourself this game is for your child — not you.
- When you get angry at the coach you are ultimately hurting your child by causing embarrassment and resentment. Research by Omli & Wiese-Bjornstal found kids prefer supportive parents rather than angry ones at sporting events.
- There is no "I" in team. A coach tries to make decisions based on what is best for the team — not only your child.
- When you tell your child what to do from the sideline, you are implying they don't know how to play the game.
- If you tend to get angry easily, practice anger management tech-

niques such as deep breathing, or counting to 10.

What can you do to prevent your coach from quitting?

- If a parent complains to you about the coach, encourage the parent to discuss it directly with the coach.
- Be respectful of the coach.
- Offer to assist or help out with practices or communication with parents.
- Praise the coach when he/she is doing a good job.
- Show gratitude for the coach. A simple "thank you" can mean a lot.

Cheryl Maguire holds a Master of Counseling Psychology degree. She is married and is the mother of twins and a daughter.



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3380 Fairmount Boulevard, Cleveland Heights ♦ 216.321.7571

Learn to Dance!

The art of dancing has been around for ages and has grown in popularity over the years. Just look at the popular dancing shows such as Dancing with the Stars. Learning how to dance has many physical, emotional and social benefits for children and adults alike.

Dancing teaches many skills and develops many abilities that will extend to other relationships outside of the dance studio. Here are a few of the benefits of learning to dance.

Great cardio exercise

Dancing is a great form of exercise for all ages. It involves a greater range of motion, strength and endurance than most other physical activities. It utilizes the entire body and is a great form of exercise for total body fitness. It is also much more fun than traditional exercise.

Self control and cooperation

Being in a dance class with other

children is good for their development of self-control and cooperation. In class, children will have to follow directions, learn to control their bodies and work with other kids their own age. They will learn to concentrate, memorize, control impulses and learn responsibility.

Teaches about different cultures

Dance is a basic form of cultural expression. All cultures organize movement and rhythm into forms of dance. Children learn movement patterns as readily as they learn language. By learning different dances children can get a peek into cultures different than their own.

Increased self-confidence and self-esteem

For both children and adults dance is a highly social activity. Studies have shown that strong social ties and socializing with friends



contribute to high self-esteem. Dancing gives you an increased chance of meeting other people with similar interests. A dance class is a community where appreciation and positive encouragement are all around. Participants not only encourage one another in class, but one will gain a sense of accomplishment when a dance is memorized and per-

formed such as on stage at a recital.

Strength and endurance

Dance builds strength by forcing the muscles to resist against a dancer's own body weight. Many styles of dance require jumping and leaping high into the air. Along with strength, dancing builds endurance,

See *Dance on page 17*

 fine arts
association
Create and Discover Beauty



FAA DANCE
ALL AGES
ALL ABILITIES



Scan Here

38660 MENTOR AVE | WILLOUGHBY, OHIO
FINEARTSASSOCIATION.ORG | 440-951-7500

Dance for all at the Fine Arts Association

The Fine Arts Association (FAA) is an arts education and performance center located in Willoughby with the mission to create and discover beauty. Under the direction of Howard Washington, this arts oasis offers nearly 70 dance classes for ages three through adult from beginner through advanced levels.

Disciplines include ballet, tap, jazz, modern, contemporary, dance for musical theatre, hip hop, African dance, and adapted dance for creative arts therapies. EDGE, VERGE, and EMERGE are FAA dance companies that practice year round, enabling selected FAA students to perform in various locations throughout the region and compete at local competitions.

FAA's dance program allows students to enter at any level and/or style appropriate to both ability and age. Dance is introduced to young students through creative movement and combination classes. Young dancers are offered a variety of classes that provide a foundation of dance terminology and movements.



As dancers grow in their study, their skills are refined through performance qualities through stylized choreography. Many FAA dancers pursue higher education in dance and perform professionally.

The Fine Arts Association welcomes all dancers to a safe, fun and nurturing environment.

Lexie says, "Dancing at FAA made me able to make the Miami of Ohio, D1 Dance Team. FAA gave me the confidence and skills needed for me to pursue my dream of dancing in college." Not only does FAA embrace young dancers, but also offers adult classes in ballet, hip hop, and tap.

FAA welcomes you to come in for a tour and try out classes. Contact 440-951-7500 x2 or visit them at www.fineartsassociation.org.



Fall into the arts this autumn at Fairmount Center for the Arts

Fairmount Center for the Arts offers many different ways to get in touch with your creative side this fall.

Toddlers and preschoolers have many opportunities to explore. They can move and groove in the popular Kinderdance (ballet and tap) and Itty Bitty Ballet classes. The new Itty Bitty Music class encourages exploration of vocal and instrumental sounds. Fairmount's monthly Tales for the Budding Artist workshop series provides a multi-arts event with storytelling, creative movement, and art-making.

School-aged children can discover their artistic talents through a variety of dance, music, theatre, and visual arts classes and workshops.

Students can also participate in one of Fairmount's dance performing groups (Fairmount Dance Company or Hip Hop Crew) or the new Youth Chamber Ensemble and Fairmount Children's Chorus. When school's out, students can enjoy special multi-arts camp days at Fairmount.

Lastly, adults can enjoy a range of classes and workshops for beginning through advanced students. Get a dance card to mix and match your favorite combination of ballet, yoga, tap, or hip hop classes.

The full schedule can be found online at www.fairmountcenter.org or call 440-338-3171 for additional information.

Studio J Academy of Dance

Let your dreams be bigger than your fears



Studio J Academy of Dance has been inspiring dancers of all ages since 2001. With their wide range of dance styles and inclusive approach, they provide a nurturing environment where students can flourish, whether they are just starting to explore the world of dance or aspiring to join a preprofessional dance team.

At Studio J, they believe that dance is not just about perfecting moves; it's about developing poise, grace, coordination, and strength. Their dedicated instructors are passionate about imparting their expertise and instilling a love for dance in each student.

Studio J strives to create a community that extends beyond the studio

walls, where dancers become part of a second family.

Enrollment for the upcoming 2023-2024 season is now open! Whether you're looking for recreational dance classes or a more intensive training program, they have a variety of options to suit your needs. Visit www.studiojdance.com to learn more about their classes, schedules, and exceptional facilities.

Join Studio J Academy of Dance and embark on an exciting journey of self-expression, growth, and friendship.

Jennifer Chesne
Owner, Director, Instructor
jenn@studiojdance.com
216-292-2720



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this autumn!**
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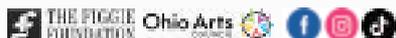
Art | Dance | Fitness
Music | Theatre

Try something new or expand your skillset this fall at Fairmount! Offering dance classes in ballet, contemporary jazz, and tap to all ages and skill levels.



Book today at
FairmountCenter.org
or call **(440) 338-3171**.

**Fall Session begins
September 6!**





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Academy of Dance

CLASSES START SEPTEMBER 11TH, 2024

Studio J Academy of Dance
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jenn@studiojdance.com
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216-292-2720

DANCE DANCE DANCE



Register Online Today!

www.studiojdance.com

In studio registration
Wednesday, August 23rd 5:00-8:00pm

Beck Center offers dance classes for all ages and skill levels

Beck Center for the Arts in Lakewood is a premier arts education institution with a strong focus on excellence in dance, teaching all ages, abilities, and skill levels.

Award-winning instructors include Miss Dance Michigan and a Radio City Rockette.

One of the most comprehensive and well-respected dance programs in northeast Ohio, all students benefit from the discipline and dedication instilled in these classes, and some students have gone on to perform professionally or teach.

Dance classrooms were recently renovated, and a capital campaign continues to #RaisetheRoof on the dance center. Programs foster a love of movement that builds confidence, coordination and creativity for all ages and body types.

From early childhood classes in preschool dance and preballet all the way to advanced ballet, pointe, jazz, tap, contemporary and hip hop, there is something for every BODY.

Classes exclusively for adults in-



Photo credit Beck Center for the Arts

clude ballet, tap, contemporary and Body Beautiful.

Performance opportunities are available throughout the year for all ages on-site in the form of two stages and a recital hall.

Enroll in Beck Center Dance today at beckcenter.org/education/dance and start moving toward your healthy future.

For more info visit beckcenter.org or call 216-521-2540.

Beck Center for the Arts is located at 17801 Detroit Avenue in Lakewood.

Cleveland City Dance

Nurture your passion and talent

You will love watching your child's excitement as their dreams come true at Cleveland City Dance

Build lifelong friendships, develop confidence, poise and technique, discipline the mind and body, and challenge your child to think creatively. Parents will see and feel the positive effects of dance as their dancer reaps ballet's educational benefits. Parents have an opportunity to watch their child blossom in class.

Everyone's life is enriched by dance.

Cleveland City Dance is dedicated to nurturing and inspiring one's love for dance. Classes are structured for students to develop both mentally and physically from ages 3 to 85. The instructors offer classes in ballet, boys' ballet, jazz, tap, modern, hip hop, and more. The nonprofit ballet company in residence, The City Ballet of Cleveland, offers many additional performance opportunities for dancers including

the "Uniquely Cleveland Nutcracker."

Students have opportunities to meet dancers from Ohio and other cities including visiting professional dancers, and attending festivals, and taking master classes with internationally known choreographers and instructors. Cleveland City Dance also offers workshops and master classes each year, most recently with dance captains from "Hamilton."

Dancers from Cleveland City Dance and City Ballet of Cleveland are now dancing with the New York City Ballet, Pittsburgh Ballet Theater, Tucson Ballet and more other notable companies. All dancers in the greater Cleveland area may audition to perform in the City Ballet of Cleveland's "Uniquely Cleveland Nutcracker."

Call them at 216-295-2222 or visit www.clevelandcitydance.com for more information.



DANCE EDUCATION



Award-winning instructors. Classes for every BODY
Register for classes at:
beckcenter.org/education/dance

Dreams
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True



Building Confidence,
Friendship and Technique



Home to City Ballet of Cleveland

Cleveland City Dance

13108 Shaker Square, Cleveland

(216) 295-2222

www.clevelandcitydance.com



EnPointe – Come dance with us!

En Pointe Danse in Chagrin Falls, now celebrating its 24th year, provides a nurturing environment for dancers of all ages to explore the joys of dance.

Owner Gail Friedberg, who has been teaching and dancing professionally for over 35 years, fell in love with dance at an early age. “My mom taught dance and owned her own studio when I was growing up,” Friedberg explains. “Both my parents were circus performers, so dancing and performing have been a part of my life for as long as I can remember.”

Friedberg, along with fellow instructor Jean Brady, teach a variety of classes in creative movement, ballet, pointe, tap, and modern dance for ages 3 through adult. Each spring students ages 6 and up perform in En Pointe Danse’s spring ballet. Children ages 3–5, participate in a separate informal showing.

Aside from being fun and good exercise, dance offers many lifelong benefits and skills including coordination, self-control, and discipline. “We love dance, and relish



the opportunity it gives students to broaden their horizons. We want them to experience the joy of dancing while developing a good foundation, excellent technique, and a sense of discipline that stays with them for the rest of their lives,” says Friedberg.

En Pointe Danse will be hosting auditions for the Nutcracker “Magic of Christmas Ballet” on September 12 at 6 PM. For more info visit www.nutcracker.com/sign-up-for-auditions. Fall classes begin September 5. Call En Pointe Danse at 440-247-5747 or visit www.enpointedanse.com.

Lakeshore Dance & Gymnastics

Lakeshore Dance & Gymnastics offers something for every age and skill level. They strive to train the total athlete in a family-friendly atmosphere.

Their 27,000 square-foot facility is home to competitive teams, Prestige Dance Company & Prestige Gymnastics.

Lakeshore has two large dance studios with viewing windows and custom-built professional floors. From 16 months to adults everyone can find a class to take! They have four competitive dance teams ranging from 4 years old to teens, that compete in all genres. Their 2023 season was fantastic; multiple first places, judges awards, and they were finalists at the World Dance Championships!

Young gymnasts, preschool to school age, have their own training space, catering to each athlete with age-appropriate equipment. This year Lakeshore added homeschool specific classes to their program.

Lakeshore offers boys and girls competitive gymnastics and rhythmic gymnastics. Each team has a



space designed specifically for them! In the 2023 season Prestige went to Level 9 Nationals (for the first time ever!) having Ella Maloney place 5th all around!

At every age, Lakeshore's quality facility, equipment, and professional staff, provide their athletes with a home away from home.

Owner, Irene Graber, is thankful for her dedicated staff and all the awesome Lakeshore families. 2023 has been a year full of amazing accomplishments, which she hopes to see more of in 2024.

Lakeshore Dance and Gymnastics is located in Mayfield Village off of Wilson Mills Road at 760 Beta Drive, Suite G.

Register online at LakeshoreGym.com.

Explore the wonders of

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Offering classes in Ballet, Tap, Creative Movement, & Modern Dance for ages 3 through adult.

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440-247-5747 | www.enpointedanse.com



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- Hip Hop
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Call us: (440)461-0015

760 Beta Dr Suite G,
Mayfield Village, OH 44143

Noreen Londregan School of Dance offers classes beginning at age 2

NLSD has been educating children in the art of dance for over 50 years. Noreen and her daughter Colleen have introduced thousands of children to the world of dance. Their staff is small and friendly—teachers are trained by Noreen and are required to attend seminars and workshops to learn the newest methods of teaching.

Noreen is a member of Cecchetti Council of America, an organization dedicated to maintaining the standards and techniques of ballet training. It is a graded system whereby students progress from one level to the next through examination.

A variety of classes is offered beginning at age 2. Class size is limited. The Terrific 2s program is an intro to dance with basic rhythms, movement and song. Students learn to follow instruction while interacting in a social situation with their peers. Preschool combo classes include ballet, tap, tumbling and focus on strength, coordination, rhythm, control and self-esteem. Ballet &



tap combo classes are offered to school age children for versatility. At this level, they learn terminology and a good basic foundation to lay the groundwork for a more mature interest in dance.

Noreen and Colleen are careful to select music, choreography and costuming that is age appropriate. They are proud to say they are members of Dance Masters of America—a prestigious organization that certifies teachers by exam to teach and provides continuing education programs.

They are located at 750 Beta Drive in Mayfield Village. For more information call 440-449-0240, visit them on Facebook, Instagram or online at www.noreendancer.com.

Sha'Ran Studios Where passion meets MVMNT

In the heart of The Van Aken District, Sha'Ran Studios brings so much life and artistry to this incredible community. They create a diverse and inclusive home for dancers and movers of all ages in order to make dance and fitness fun, exciting and a healthy growing experience.

Sha'Ran studios provides a variety of both dance and fitness classes including hip-hop, jazz, modern, ballet, zumba and conditioning. You will also find classes from 216 Cardio & UPLFT Fitness. For those students under 18 interested in extra performing opportunities, they can audition for the Sha'Ran Studios Captivate Dance Team which performs at different venues throughout the year, providing extra artistic & technical experience for the dancers and exposing the community to the world and possibilities of dance.

Community involvement is a huge part of Sha'Ran Studios. The dancers and movers are constantly bringing the arts to the people around them through their relationship with the



Van Aken District and the events they put on year round.

Led by their fearless artistic director and former Cavs Girl, Sha'Ran Marshall, Sha'Ran Studios welcomes any person who desires to enjoy moving their body, develop new skills in a healthy way and be warmly supported by a tight-knit family.

Register at www.sharanstudios.com! Have questions? Call (216) 702-0599 or info@sharanstudios.com for more info.

They can't wait to see you for their fourth season — "Where Passion Meets Mvmnt."



NOREEN LONDREGAN SCHOOL OF DANCE

Cecchetti Ballet, Classical Ballet, Pointe, Preschool Combo, Terrific 2s, Jazz, Hip Hop, Lyrical/Contemporary, Ballet & Tap Combo, Competition Team



FALL 2023 CLASSES BEGIN SEPTEMBER 5 REGISTER NOW! — ONLINE OR IN PERSON

Certified Dance Educators, Dance Masters of America

**750 Beta Drive, Mayfield Village
440-449-0240
www.NoreenDancer.com**

Sha'Ran Studios

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Are you ready to have fun, feel good and move your body?!

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You'll find an array of classes including:

- ◆ jazz
- ◆ ballet
- ◆ hip hop
- ◆ modern
- ◆ zumba
- ◆ HIIT
- ◆ YO!Stretch
- ◆ & more!



Sign up TODAY!

**www.sharanstudios.com
216-702-0599
3445 Warrensville Center Rd.
Shaker Hts, OH 44122**



Beech Brook's 5K Race & Family Fun Run on October 22

Raising funds to help children and families thrive

Beech Brook will host its 13th Annual 5K Race & Family Fun Run on Sunday, October 22, at the Orange City Schools Campus (32000 Chagrin Blvd., Pepper Pike). The event begins at 9 a.m.

All proceeds will benefit Beech Brook's programs for northeast Ohio's most vulnerable children and families.

Participants can join the timed 5K race or the one-mile course for walkers or casual runners. This family-friendly event is geared to all ages with face painting, a balloon twister, a "Kid Zone" area with crafts, a costume contest – for children and adults alike – and more.

The cost is \$20 if registered by October 20 (register by October 11 to be guaranteed a shirt); \$25 on race day. Free for kids ages three and under. Sponsorship opportunities are also available.

Participants can also fundraise from family, friends, and coworkers to help support Beech Brook's programs dedicated to helping children and families thrive.

In addition, Beech Brook Foster Care families will be welcomed as special guests to celebrate the support and care they provide children in the



1-mile winner - Daniel Sweet and family

community. Currently, 72 children live with Beech Brook Foster Care families and 24 of these children were placed in the past year. Beech Brook wants to honor these families for opening their homes and providing stability and support for these vulnerable children in their time of need.

Register, donate and learn more about the 5K Race & Family Fun Run at www.beechbrook.org/5krace.

For more information, contact Heidi Lang at hlang@beechbrook.org or 216-831-2255, x2240.

Dance from page 12

which is the ability of the muscles to work hard for increasingly longer periods of time without fatigue. As with any form of exercise, raising the heart rate can increase stamina.

Improved flexibility

Dance requires a great amount of flexibility over time. Dancers strive to achieve full range of motion for all major muscle groups. Most forms of dance require dancers to perform moves that require bending and stretching, so it is easy to become more flexible simply by dancing.

Stress relief

At some point and time everyone will experience stress from their everyday lives. With its freedom of

music and sense of abandon, dance is a great way to relieve stress. As with any form of exercise, endorphins are released which makes us feel good and less stressed. It is also a structured outlet for physical release.

No age limit

Unlike some other sports, there is no age limit for dancing. People of any age can enjoy the fun of dancing.

There are many forms of dance to choose from including ballet, tap, modern, salsa, ballroom and even Zumba. There really is something for everyone and every skill level. If you are looking for a fun, rewarding activity for you or your child, give a dance class a try!

Bug Day: Bee an Advocate!

Get ready to buzz with excitement as Bug Day, presented by Sylvan Learning of Mentor, returns to Penitentiary Glen Reservation for its 34th year on September 10 from noon–4 pm. This year's theme "Bee an Advocate!" encourages everyone to do their part to create positive change, just like bees in a hive. There will be plenty of live bugs on display for all to see and learn from. The park will be abuzz with activities and entertainment including live animal exhibits, edible bugs, storytelling and more. There's something for everyone to enjoy. Kids can even earn their very own "Bugology" degree by participating in the fun activities planned.

"Bug Day is the perfect way to encourage young minds to appreciate, and older minds to remember, the important role that bugs play in our lives," notes Shayna Swerdlow, Lake Metroparks schoolhouse interpretive manager. "It's an opportunity to enlighten visitors about the significance of bugs in our world. We will explore how insects contribute to our ecosystem from pollination to decomposition and highlight the importance of



Photo credit Roger Lokar

preserving their habitats."

Lakeshore Live Steamers will take visitors for a ride through the woods on a three-mile track from 1–3 pm on their replica miniature trains unless there is inclement weather. All children must be able to sit in their own designated seat, lap sitting is not permitted.

Bug Day is free for all ages and registration is not required. Additional information can be found at goto.lakemetroparks.com/bug-day.

Penitentiary Glen Reservation is located at 8668 Kirtland-Chardon Road in Kirtland.




Parents supporting parents.

Find resources and events, and connect with others in a supportive space. For parents who are expecting or those with children birth to kindergarten age in Cuyahoga County.





Scan the QR code to join our Facebook community!



Today'sFamilyMagazine.com

Save the Drama

By Stacy Turner

As a middle child in a large family, drama seemed like a second language. Whether it was the outrage of an older sister who wanted nothing more than to be left alone by her siblings or the theatrics of a younger sib shedding crocodile tears, telling anyone who'd listen how she'd been left out of something really important. Dramatic behavior was learned, it seems, as evidenced when anyone brought home a less-than-stellar report card.

The scene began with Mom spinning the sad tale of the pain and regret that would no doubt befall the earner of such poor grades. In fact, unless the offender changed their ways and learned to apply themselves, they were on a surefire path straight to the gutter. "With grades like this, do you know what you'll be when you graduate?," Mom asked, pausing for dramatic effect. "A charwoman!," she'd answer not giving her penitent child a chance to respond. I supposed the first few times she

predicted doom, it may have had the hoped-for impact of remorse and promises of change. But much like the boy who cried wolf, her threats of destruction soon lost impact, with one sibling or another interjecting the answer before she had the chance to build up any steam.

But for me, safely in another room overhearing the conflict, I was intrigued as to what in the world a charwoman was. I imagined my older sister chained to a charcoal grill in the sweltering heat, flipping an endless supply of burgers, day in and day out. It wasn't until I cracked open the oversized Merriam-Webster dictionary that I learned of her anticipated misery. That terrible fate, according to Mom, that would befall anyone who tanked algebra or geometry was to become a maid or cleaning lady, though likely one in Charles Dickens's era.

Knowledge is power, though I found myself disappointed with this definition based on the fuss and fanfare surrounding its usage. I had hoped for something more scandal-



ous, befitting the drama and outrage that often punctuated report card season. I reasoned there were scads of far worse occupations, according to both my young mind and Merriam-Webster. In fact, I can list several right now without even trying.

As a mother, I now recognize the voice of alarm in my head that keeps me awake at 2 am when one of my kids has done something unwise or we've had some sort of disagreement. That voice sounds a lot like my hysterical mother, ramping up my stress level, considering the myriad ways the current situation can and will go horribly sideways. Ex-

hausted, yet unable to sleep, I force myself to breathe deeply until my mind settles and the "sky is falling" soundtrack recedes into white noise.

I focus on the voice of more seasoned parent friends who remind me that even good kids make bad choices and need a "course correction" now and again. Ultimately, I know that whatever my kids end up doing with their lives, if they're happy, healthy, and able to support themselves, then I've done my job well. I know that in parenting teens, there's only enough room for one person's drama, and sadly, my turn is over.

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CALENDAR

Cleveland National Airshow

September 2–4
9 am–4:30 pm
Burke Lakefront Airport, Cleveland
216-781-0747

www.clevelandairshow.com

Featuring the U.S. Air Force Thunderbirds, USAF F-22 Raptor demo, USMC Harrier demo, U.S. Army Golden Knights Parachute, Aftershock Jet Fire Truck, Kiddie Koncourse, food vendors and more! Tickets available only in advance. No gate sales. General admission: \$30 for adults (\$35 after 8/28/23), \$20 for children ages 6–11 and FREE for children 5 and younger.

Cleveland Oktoberfest

Sept. 1–4 and Sept. 8–9
Cuyahoga County Fairgrounds
www.clevelandoktoberfest.com
Live musical and artistic cultural performances, food, weiner dog races, fireworks (on the 4th), 5K bier run, and more. \$16 for general admission. Parking is free.

Lyndhurst Home Days

Fri., Sept. 8 • 5–9 pm
Sat., Sept. 9 • noon–9 pm
Sun., Sept. 10 • 1–8 pm
Lyndhurst Park (Behind City Hall)
1341 Parkview, Lyndhurst
440-442-5777
www.lyndhurstohio.gov
Filled with activities, rides, music, parade, vendors and lots of food. Free admission.

Fresh Fest Cleveland

Saturday, Sept. 9 • 1–9 pm
Rid-All Farm & Otter Park
8129 Otter Avenue, Cleveland
www.freshfestcleveland.com
Featuring an amazing line-up of music, and a full day of unforgettable performances, art installations, health and wellness activities, farmer's market, chef tastings, local vendors, hands-on activities, workshops, and a kids zone filled with fun for the family!

Waterloo Arts Fest

Saturday, Sept. 9 • noon–7 pm
Waterloo Arts/Entertainment District
15605 Waterloo Road, Cleveland
216-692-9500
www.waterlooarts.org/waf2023
Multiple stages of a great mix of local music, art vendors, food trucks, street performers and unique art activities for visitors of all ages. Attendees can also visit

artist studios, galleries, shops, eateries and bars throughout the walkable Waterloo Arts & Entertainment District. Free admission.

Tremont Arts & Cultural Festival

Sat, September 16 • noon–7 pm
Sun., September 17 • noon–5 pm
Lincoln Park
1200 Starkweather Ave., Cleveland
www.experiencetremont.com
Over 100 vendors featuring artists selling their paintings, sculptures, jewelry, etc., live music, dance performances, children's village, and more. Rain or shine. Free admission.

Patterson's Family Fun Fest

September 16 – October 29
Mon–Thur 10 am– 6 pm
(\$7 admission, 2 & under free)
Fri–Sun 10 am– 5 pm
(\$11 admission, 2 & under free)
8765 Mulberry Rd., Chesterland
440-729-7144
www.pattersonfarm.com
Featuring a giant covered straw

pile, tons of slides, pedal tractors, tire swings, push carts, corn maze, sand box, play buildings, wagon rides and more. Pony rides available for an extra fee.

Cleveland Pickle Fest

Sat., September 23 • noon–6 pm
Mall B – 300 St Clair Ave NE
Cleveland
www.clevelandpicklefest.com
With dozens of vendors, food trucks, contests, bands and attractions, and family fun, the Cleveland Pickle Fest is the perfect summer send off with proceeds benefiting Greater Cleveland Volunteers. \$5 general admission ticket (children 12 and under are free).

IngenuityFest 2023

Fri., September 22 • 6 pm–1 am
Sat., September 23 • 1 pm–1 am
Sun., September 24 • 1–6 pm
IngenuityLabs @
The Hamilton Collaborative
5401 Hamilton Avenue, Cleveland
www.ingenuitycleveland.com
Theme: *Biologies & Geologies*
In addition to unique performance spaces, original works, and hundreds of exhibitors, performers and artisans, 2023 will

see the return of festival villages Makers Mecca, Wellness Way, Inventors Emporium, Ideation Station and IndusTree Alley. Just \$10 gets you access for the whole weekend! Children under 12 are always free. Tickets can be ordered through the website.

Apple Harvest Weekend

Sept 23 & 24 • 9 am–5 pm
Lake Metroparks Farmpark
8800 Kirtland Chardon Road
Kirtland
www.lakemetroparks.com
Visitors can witness many traditional harvest activities and discover how apple butter and cider are made. Take a tour on the “Johnny Appleseed Trail” along with many of Farmpark's other weekend activities. Included in Farmpark admission (\$7–\$9).



Horsepower Weekend

Sept 30 & Oct 1 • 9 am–5 pm
Lake Metroparks Farmpark
8800 Kirtland Chardon Road
Kirtland

Visitors can enjoy antique tractor displays, equipment demonstrations such as corn grinding and Farmpark's regular weekend presentations. Take advantage of photo opportunities with Farmpark's antique tractors and beautiful landscapes. Fall activities will be in full swing! Try an apple slushie or just sit and relax and enjoy the farm.

Taste of the Browns

Monday, October 2 • 6–9 pm
Cleveland Browns Stadium
GreaterClevelandFoodBank.org
Mix and mingle with Cleveland Browns players and alum, sample dishes from our area's most exclusive restaurants, enjoy live music, and bid on cool auction items.

5K Race & Family Fun Run

Sunday, October 22 • 9 am
Orange City Schools Campus
32000 Chagrin Blvd., Pepper Pike
Help Beech Brook to help vulnerable kids and families thrive. See ad on page 6 for QR code.

LAKE METROPARKS FARM PARK

FALL HARVEST Weekends

Bring the family for fall harvest fun at Farmpark!



Apple Harvest Weekend

September 23 & 24
9 am to 5 pm

HORSE POWER WEEKEND

September 30
& October 1
9 am to 5 pm



LAKEMETROPARKS.COM

PHOTOS BY EARL LINABURG

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